

# OCTOBER 2011



## MONTHLY SCHEDULE & NEWS FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration  
Parks & Recreation Division  
12 East 4th Street • Duluth, MN 55805 • 218.730.4310

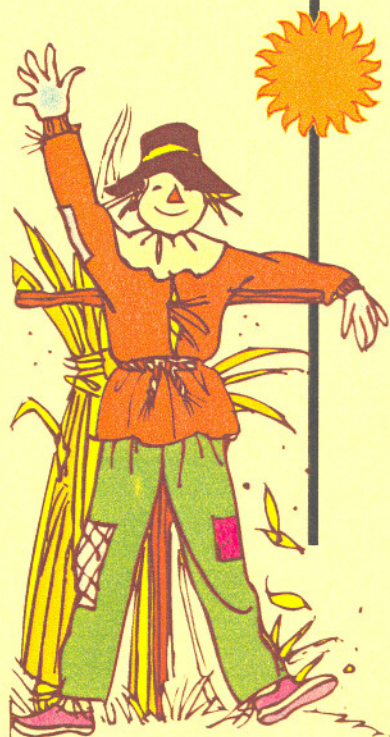
### EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	12:00	Hand & Foot (Card Game)
	1:00	Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15	500
	1:00	Cribbage

**MORGAN PARK,  
& PORTMAN  
CENTERS  
listed on back.**

<i>Tuesday</i>	<b>October 11</b> 1-5 PM AARP Defensive Driving Refresher Course (Call 730.4319 to register - <b>NO WALK INS</b> )
<i>Thursday</i>	<b>October 13</b> 11:30 AM "Celebrate Senior Dining" Special Meal
<i>Friday</i>	<b>October 14</b> 10:30 AM Senior Meeting
<i>Saturday</i>	<b>October 15</b> 10AM - 3PM Senior Pot Luck Bring your favorite dish to share!
<i>Monday</i>	<b>October 17</b> 11:30 AM-2 PM Post Polio Mtg 5-9 PM AARP Defensive Driving First time class (Call 730.4319 to register - <b>NO WALK INS</b> )
<i>Tuesday</i>	<b>October 18</b> 5-9 PM AARP Defensive Driving First time class
<i>Wednesday</i>	<b>October 19</b> 3-5 PM USS Retirees Meeting



### SENIOR ACTIVITY SCHEDULE "At A Glance"

Weekly, unless otherwise indicated.

#### BINGO

<u>Monday</u>
12:30 - Portman
<u>Wednesday</u>
12:30 - Morgan Park
1:00 - Rainbow
<u>Thursday</u>
12:30 - Evergreen
12:30 - Lincoln Park
<u>Friday</u>
1:00 - Rainbow

#### BLOOD PRESSURE

<u>Monday, October 3</u>
10-12:00 - Portman
<u>Tuesday, October 4</u>
10-12:00 - Morgan Park
<u>Wednesday, October 12</u>
10:30 - Lincoln Park
<u>Wednesday, October 26</u>
11:15 - Rainbow

#### FOOT CARE

<u>Wednesday, October 16</u>
9:00 - Portman
<u>Thursday, October 15</u>
9:00 - Morgan Park
\$15 charge - Bring a towel.

When I go to a beauty parlor, I always use the emergency entrance. Sometimes I just go for an estimate! **Phyllis Diller**

*All mothers have intuition. The great ones have radar!* **Cathy Guisewite**

## MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS	10:00 11:30	Open Recreation Senior Dining Meal
MONDAY	10:00	Bone Builders
TUESDAY	10:30 12:30	Quilting Cribbage
WEDNESDAY	9:30 10:00 12:30	TOPS Bone Builders Bingo
FRIDAY	10:00 12:15	Bone Builders Bridge
<i>Tuesday</i>	<i>October 4</i>	10-12 Blood Pressure - NEW!!
<i>Wednesday</i>	<i>October 5</i>	11:00 AM Senior Meeting
<i>Tuesday</i>	<i>October 11</i>	9 AM Foot Care - New! \$15 - Bring your towel
<i>Thursday</i>	<i>October 13</i>	11:30 AM "Celebrate Senior Dining" Special Meal
<i>Wednesday</i>	<i>October 26</i>	12:30 Special Coverall Bingo with Halloween Treats after!



## PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
MONDAY	12:30	Bingo
TUESDAY	9:00 12:00	Exercise Bridge
THURSDAY	9:00	Exercise
<i>Monday</i>	<i>October 3</i>	10-12 Blood Pressure 12:00 PM Senior Meeting with Bingo to follow
<i>Friday</i>	<i>October 7</i>	1-5 PM AARP Defensive Driving Refresher Class (Call 730.4319 to register) Train Ride to Two Harbors (for more information, see Dave)
<i>Wednesday</i>	<i>October 12</i>	9 AM Foot Care - New! \$15 - Bring your towel.
<i>Thursday</i>	<i>October 13</i>	11:30 AM "Celebrate Senior Dining" Special Meal
<i>Friday</i>	<i>October 21</i>	12:30 - Extra Bingo
<i>Monday</i>	<i>October 24</i>	12:30 - Birthday Bingo
<i>Friday</i>	<i>October 28</i>	12:30 - Halloween Party

*Guests, like fish, begin to smell after three days!* Benjamin Franklin

Call 218.727.4321  
for more info on the  
SENIOR DINING PROGRAM  
sponsored by AEQA  
at these sites:

DULUTH HEIGHTS HOLY CROSS CHURCH  
410 North Arlington Avenue • 722.6022  
EVERGREEN SENIOR CENTER  
5830 Grand Avenue • 723.3663  
LINCOLN PARK COMMUNITY CENTER  
2014 West Third Street • 722.4107  
MORGAN PARK COMMUNITY REC CENTER  
1242 88th Avenue West • 626.4522  
PORTMAN COMMUNITY REC CENTER  
4601 McCulloch Street • 525.0838  
RAINBOW COMMUNITY CENTER  
211 N 3rd Ave E • 727.8147